

GUIDELINES FOR PLACEMENT IN SWIM CLASSES



PARENT-ASSISTED LESSONS		
Waterbabies (Ages 6 mo – 18 mo)	Aquatots (Ages 18 mo – 3yr)	Pre-School (Ages 3yr – 5yr)
Class Objectives: These are parent-assisted water orientation classes. Children will learn basic water adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.		Class Requirements: On the first day of class, students must be able to: Have one adult participant per child and wear swim diapers and tight-fitting rubber pants under the suit if not potty-trained
LEVEL 1		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 – 13)	Adult (Ages 14+)
Class Objectives: This class is for students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.		Class Requirements: On the first day of class, students must be able to: Function well in a group setting without parents since parents DO NOT accompany children.
LEVEL 2		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 – 13)	Adult (Ages 14+)
Class Objectives: This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.		Class Requirements: On the first day of class, students must be able to: Enter water, front and back float, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.
LEVEL 3		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 – 13)	Adult (Ages 14+)
Class Objectives: This class is for students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.		Class Requirements: On the first day of class, students must be able to: Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.
LEVEL 4		
Pre-Beginner (Ages 4 - 6)	Youth (Ages 7 – 13)	Adult (Ages 14+)
Class Objectives: This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.		Class Requirements: On the first day of class, students must be able to: Back crawl, elementary backstroke kick, treading water and rhythmic breathing and a proficient front crawl.
LEVEL 5		
Youth (Ages 7 – 13)	Adult (Ages 14+)	
Class Objectives: This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.		Class Requirements: Elementary backstroke and breaststroke and highly proficient front crawl.
LEVEL 6		
Youth (Ages 7 – 13)	Adult (Ages 14+)	
Class Objectives: This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.		Class Requirements: On the first day of class, students must be able to: Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)